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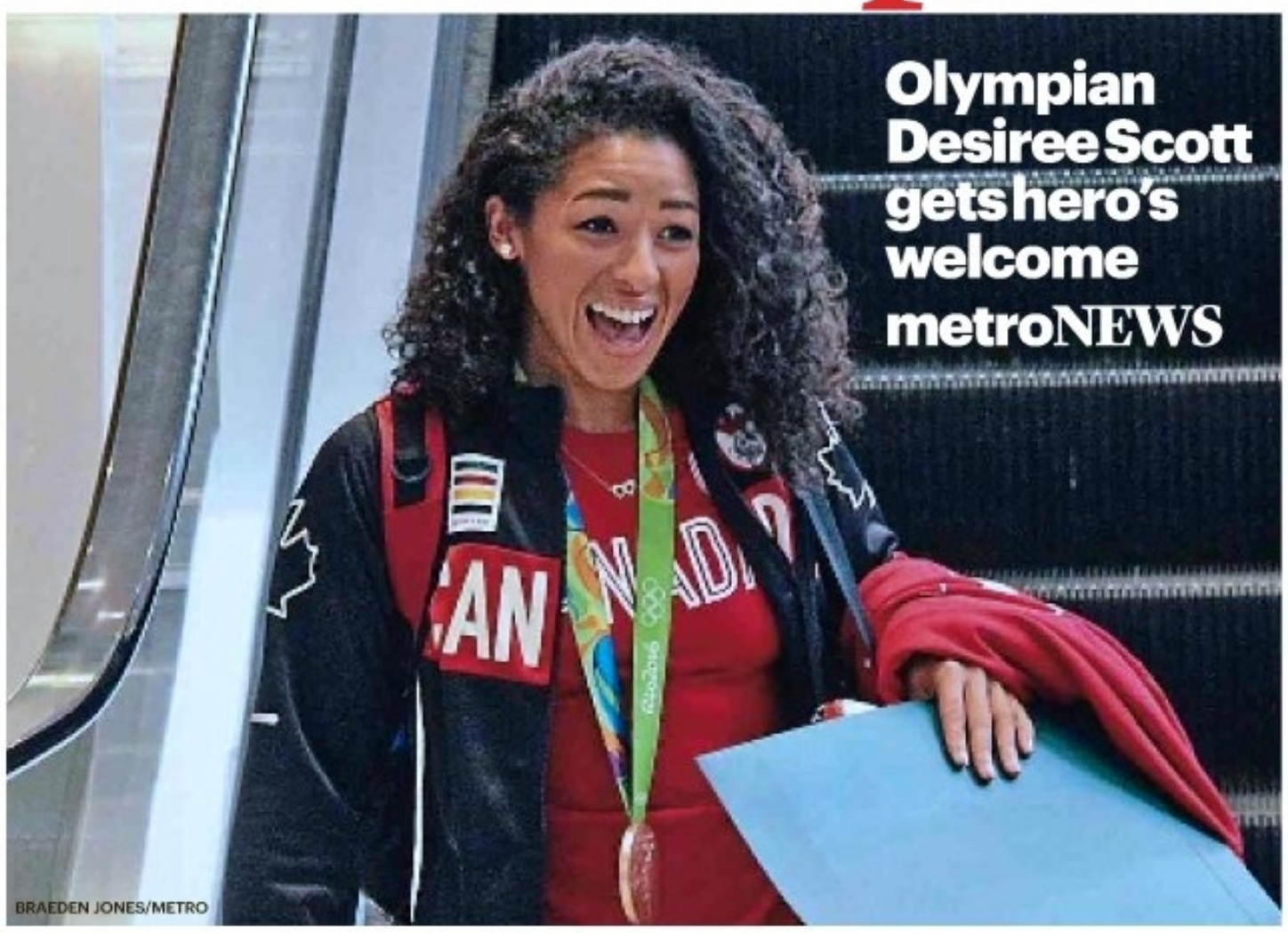
Hometown *pride*



Swim program could save lives

SAFETY

Many newcomers don't learn how before jumping in our local waters

Stephanie Taylor
Metro | Winnipeg

A Winnipeg group is calling on the province to make drowning prevention part of the Manitoba school curriculum.

Carl Shier, CEO of Lifesaving Society Manitoba, has penned a letter to the provincial ministers of education and health urging that the society's Survive to Swim program be adopted in all schools.

The letter comes after three drowning deaths at two provincial beaches this month.

"Survival swimming is critical for everybody," Shier said.

But, he added, having the program in schools could be especially helpful to immigrant families.

"There's too many new Canadians coming in that haven't got the background and the skill sets that many others grow up with as part of their lifestyle."

Shier said the society's program has been taught in northern communities for the past decade, and a similar program is required for all Grade 3 students in Toronto schools. Among other things, kids learn how to properly hold their breath, how to tread water and how to swim 50 metres.

Shereen Denetto, interim executive director of the Immigrant and Refugee Community Organization of Manitoba, said introducing mandatory water safety workshops in schools would be a good start.

Other programs are also needed, she said, for newcomers who arrive later — or earlier — in life. She pointed to the death of Jean-Baptiste Ajua, 22, a Rwandan immigrant who drowned at Birds Hill over the weekend, as an example.

"In the process of disruption and fleeing their countries and so on, you can imagine that swimming, learning how to swim, would not be even available or accessible," Denetto said.

Classes for refugees and immigrants need to be developed in ways that overcome income and language barriers. They also need to be sensitive to practices around modesty when it comes to taking lessons in public pools.

THE HYUNDAI ADVANTAGE
GET MORE THAN THE COMPETITION. NOW WITH LIMITED TIME OFFERS.
SEE PAGE 7 TO FIND OUT WHY THE COMPETITION IS OUTRAGED!

metro NEWS

Your essential daily news

U.S. proposing a ban on swimming with dolphins in Hawaii. **World**

Young students get schooled in cycling

EDUCATION

Pilot program will teach kids skills, safety rules on bikes

Braeden Jones
Metro | Winnipeg

Most kids in Manitoba learn the rules of the road for cars before learning how to ride a bike safely in traffic. A pilot project launching this fall is out to change that.

Seven Oaks School Division will be testing a new bike education and skills training program aimed at students ages 9 to 14.

Bike Winnipeg has teamed up with Active and Safe Routes to School to make learning to ride on the road a lesson all kids are taught.

Jamie Hilland, program manager for the Safe Routes group, said the need for the program is clear.

"Right now there's no formalized education for students in terms of road riding skills," Hilland said. "So we decided we were going to try to get it done and formalized.

The lessons will fit into what students learn in phys-ed.

"You learn basketball, volleyball, and now you'll learn safe road-riding skills," Hilland said.

Mark Cohoe, director of Bike Winnipeg, suggested some cyclists might not know enough to keep themselves safe or know how to use new infrastructure.

> **"This is a win-win for everybody. They want cyclists to behave and be safe. Let's put some money into educating people."**
>
> — Jamie Hilland, program manager, Active and Safe Routes to School

"Getting an educational component out there would certainly be a good move," Cohoe said. "Typically, how we do things in Winnipeg, we put it out there and expect people to understand.

"It leads to a lot of confusion that's really unnecessary."

Hilland said it's unsafe sending kids onto the road without training in signalling, stopping and positioning themselves in lanes.

As the program's sponsor, Manitoba Public Insurance is providing money to create a program co-ordinator position. That person will be in charge of managing the curriculum and implementing the pilot in four schools over six weeks.

"The end goal is ultimately to have it being put into school curriculums across the province," Hilland said.

He's been meeting with Manitoba Education, and said the powers that be seem keen to learn the results of the pilot.

"We've got other divisions keenly interested in seeing it implemented in their division as well," he said. "We're pretty stoked."

COMMUNITY

Sneaker drive truly vvv initiative

Rick Duha isn't sure how many shoes it takes to fill a pickup, but it's a feet — sorry, feat — he's hoping to accomplish.

He's mobilizing members of his free workout group to donate running shoes to empower Winnipeg's less fortunate to exercise.

He's one of three co-founders of the local November Project chapter, which offers free Wednesday workouts at The Forks. It's big, with 350 people celebrating the group's two-year anniversary.

"We got together and were thinking, 'How can we take this amazing community that has come together and leverage it?'" he said. Duha and November Project co-founders Tom Hall and Derek Page, settled on three goals:

- build a collective motivation towards a shared fit goal
- increase social activities outside of Wednesday mornings
- and, improve Winnipeg by doing some social good.

"Our first big kick at the can is getting these people out at the Forks to donate old unwanted running shoes," Duha said. "I've got a black Tacoma pickup truck, and we decided 'Wouldn't it be great if we could fill the back of it with shoes?'"

Aug. 31, at 6:14 a.m. ("6:15 you're late," Duha said), they'll do just that. "I haven't got the slightest clue how many pairs of shoes that'll be. Hopefully, we'll have too many," he said.

The crew has partnered with Project Echo, another fitness group, and together they'll donate the used shoes to the Lighthouse Mission. The mission helps people in the city's core increase their abilities and access "basic life requirements," Duha said.

"To help out, all you really need to do is show up with a pair of shoes. Hopefully by empowering people with that, they can find their movement."

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"That's my job: Be the change you wish to see. That's exactly what I do."
Cash Akoza

Cash Akoza's Where the Wild Things Are Mural is expected to be complete next week. He plans to "brighten" as many corners of the city as he can. BRAEDEN JONES/METRO Inset: Cash Akoza wants to be a changing force in the way people see public art. CASH_AKOZA/INSTAGRAM

Cash Akoza has left his vibrant mark all across Winnipeg. These are just some of his creations. CASH_AKOZA/INSTAGRAM

Painting the town

PUBLIC ART

'The brighter the better' for freelance artist Cash Akoza

Braeden Jones
Metro | Winnipeg

Soon, Winnipeggers will be able to escape to the land where the wild things are at the corner of Furby Street and Ellice Avene.

Local artist Cash Akoza spent most of last summer painting vibrant murals around the city's Wolseley, Point Douglas and North End neighbourhoods in an effort to "brighten the city up a bit."

Now, he's turned his attention to the West End.

"The brighter the better," Akoza said. Winnipeg "is grey, especially in the winter. Grey walls, dirty streets, grey skies.

"My ambition is to keep applying colour because it helps people get through their day.

"That's my job: be the change you wish to see. That's exactly what I do."

His latest work, a two-storey scene from the 1963 children's book Where the Wild Things Are, certainly fits the bill. And, so far, he's had "nothing but compliments."

"It brings smiles to the faces of people going by. I've loved the interaction with people of the neighbourhood," Akoza said.

"And the art is for everyone, not just the neighbourhood, but everyone commuting downtown. It's something for people to see that sparks imagination and people love it."

Akoza is a freelancer who donates his murals and is unaffiliated with agencies across the city that commission them.

"I seek opportunity where I see it — a blank wall is a blank canvas," he said. "I approach business owners and make things happen."

Besides making them colourful, Akoza tries to do things that have a "big city" feel, which to him means painting more than just "history murals."

Next year, he noted, will be a big year for tourists in the city with the Canada Summer Games coming in July. He hopes to bring diversity to the people who pay a visit.

"We have to give people a broader spectrum of things to see and look at when they're touring our city."

A Winnipegger hero's welcome

SOCCER

Olympian Desiree Scott's triumphant return from Rio

Braeden Jones
Metro | Winnipeg

Olympic medalist and Winnipegger Desiree Scott returned home Tuesday to cheers from her supporters and hugs from her family.

"I wish it was a different colour but I'm very, very proud of this," the beaming midfielder said at the airport, flashing her new bronze medal from Rio.

Just last week she and her teammates on the Canadian national women's soccer team, including Winnipeg-born Sophie Schmidt, beat the Brazilian hosts on their home field 2-1.

After also finishing third in London in 2012, Scott said to be "back on that podium" was all she really wanted.

"We are very, very happy," she said.

Soccer fan Miruete Burke got a chance to capture a moment with Desiree Scott at the Winnipeg Airport on Tuesday. "She's a good ambassador for the city," Burke said. "I think we're all very proud Winnipeggers." BRAEDEN JONES/METRO

The Rio 2016 experience was amazing, she said, noting the "phenomenal" success of the entire Canadian team as a highlight. But, more specifically, she talked about being proud of her teammates and the "strides we've made in four years."

"In London, you know, we were a team that played one system and we got to a podium," she said. "Now you see the brand of soccer that we're playing, we're going toe-to-toe with the best teams in the world and we're beating them."

Having support from the hometown crowd "has been awesome," Scott said.

"I knew they would be here, which is amazing," she said of the people who showed up to greet her at the airport, especially her family.

"It's been, I think, 60 days I've been away, training and prepping for this. So it's always great to come home and see them right there."

During the games, daily video chats with her mother and brother kept her grounded "one hundred per cent" as did supportive notes from other Canadians on social media.

Scott said she's not thinking about the next summer Olympics in Tokyo just yet. Instead, she's relishing this moment and is ready for a week of rest before returning to Kansas City to finish her National Women's Soccer League season.

"I'm just thinking about these next seven days in Winnipeg," she said.

These are just two of the faces that greeted Desiree Scott on her return to Winnipeg:

Nick Scott

said he gave his sister "little pep talks" daily during The Games.

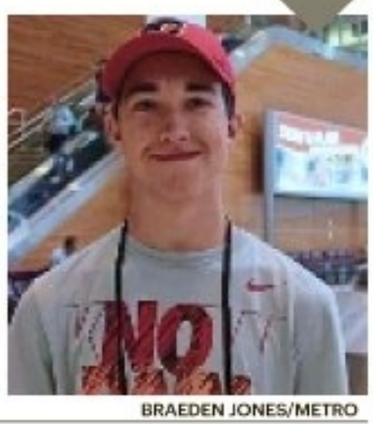
"I said play hard, work hard, and the rest will do itself, and that's what they did."

BRAEDEN JONES/METRO

Scott Thorne

has been playing soccer since he was 10, and isn't quite used to seeing Winnipeggers excel on the field.

"Maybe for curling or hockey, but not summer sports. So, it's really cool to see a summer Olympian from here," he said. "Meeting her is really, really amazing."



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Kurdi family settling in

SYRIAN REFUGEES

New Canadians speak about their new life in the country

Tima Kurdi, back second left, sits for a photograph with her brother Mohammad Kurdi, second right, and his wife Ghouson Dakouri, back centre, and their children, Heveen, back left, 16, Ranim, front left, 10, Sherwan, 1, seated hiding his face, Rezan, 8, and Shergo, far right, 15, at her home in Coquitlam, B.C. DARRYL DYCK/THE CANADIAN PRESS

Shergo Kurdi lifts his shirt to reveal a pale, mottled patchwork of burn scars on his belly and chest — a legacy, he says, of years spent ironing fabric in a Turkish clothing factory after he and his family fled war-torn Syria in 2012.

Now, nine months after arriving in British Columbia with his parents and four siblings, the 15-year-old refugee is preparing to enter Grade 10 and wants to one day become a police officer.

"I like ... to help people," Shergo said, explaining that he likes the idea of giving back.

Shergo and his siblings are the cousins of Alan Kurdi, the Syrian toddler whose lifeless body was photographed on the shores of a Mediterranean beach last September. The picture spread across the globe and jarred the world into responding to the Syrian refugee crisis.

In the wake of the photograph, the Canadian government committed to taking in tens of thousands of displaced Syrians, a pledge that paved the way for the Kurdi family's arrival in late December.

Speaking in broken English at his aunt's home in Coquitlam, B.C., Shergo talked about how difficult his job was in Istanbul. Shifts sometimes lasted as long as 24 hours, he said, and frequently he didn't get paid.

The teen used a metaphor to explain how his life has been affected by the move to British Columbia.

"It's like a flower: (If) he doesn't have water he (will) die. Come to Canada, he has water and opens up again," he said.

Shergo's sister, 16-year-old Heveen Kurdi, also spoke positively about her time in Canada, and of being reunited with her father, Mohammad Kurdi, who spent nine months in Germany trying to get his family out of Turkey and missed the birth of his youngest child.

> It's like a flower: If he doesn't have water he will die. Come to Canada, he has water and opens up again.
> 15-year-old Shergo Kurdi

"The whole family (is) together again," Heveen said, smiling.

She explained that after finishing grade school she wants to study dentistry at university. She added that she'll provide free dental work for her family, which prompted her mother, Ghouson Dakouri, to grin and chime in with "Mom is first."

Still, Heveen said she thinks about her friends and family back in the Middle East every day.

Speaking through his sister, Mohammad said he feels happy and proud to see his kids like this.

"Seeing the kids, it's happy," said Tima. "He's happy."

THE CANADIAN PRESS

ONLINE

Ashley Madison violated law: Probe

Haley Ritchie
Metro | Ottawa

Privacy investigators in Canada and Australia have found that security guarantees on adultery dating website Ashley Madison were insufficient and the business violated privacy laws in both countries.

A joint investigation conducted by the Office of the Privacy Commissioner of Canada and the Office of the Australia Information Commissioner noted that some security measures did exist, but the company "did not have an adequate overarching information security framework."

In August last year those security issues made international headlines when the Canadian company's website was hacked into by a group called "The Impact Team."

Millions of international names, emails and personal information were released in a massive data dump.

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MIDDLE EAST

Turkey, Syrian Kurds on track for conflict

Turkey signalled Tuesday it would step up its engagement in the Syrian war, as Turkish-backed Syrian rebels massed along the border to assault one of the last Syrian frontier towns held by Daesh militants.

Foreign Minister Mevlet Cavusolgu pledged "every kind" of support for operations against Daesh along a 100-kilometre stretch of Syrian frontier, putting the NATO member on track for a confrontation with U.S.-backed Kurdish fighters in Syria, who have been the most effective force against Daesh and who are eyeing the same territory.

Cavusolgu said Turkey would support twin operations stretching from the Syrian town of Afrin in the northwest, which is already controlled by Kurdish forces, to Jarablus, in the central north, which is held by Daesh.

"It is important that the terror organizations are cleansed from the region," Cavusolgu said in a joint news conference with his Hungarian counterpart.

Turkish artillery shelled Jarablus for the second consecutive day as reports circulated that Turkish-backed Syrian rebels were preparing to storm the town, a vital supply line and the last border point that directly connects Daesh with Turkey and the outside world.

The Britain-based Syrian Observatory for Human Rights monitoring group said some 500 Syrian rebels were massed on the Turkish side of the border in preparation for an assault, including local fighters from Jarablus. One rebel at the border told the BBC the number was as high as 1,500 fighters.

THE ASSOCIATED PRESS

U.S. President Barack Obama speaks with residents in a flood-affected area of Baton Rouge, La., on Tuesday. AFP/GETTY IMAGES

U.S. ELECTION

Trump's attack on rival stirs talk of gender bias

Donald Trump and his Republican allies say Hillary Clinton is weak, lacks stamina and doesn't look presidential.

Republican presidential candidate Donald Trump
THE ASSOCIATED PRESS

Intent on undermining his Democratic rival, Trump and GOP backers are increasingly relying on rhetoric that academics and even some Republican strategists say has an undeniable edge focused on gender. His criticism of Clinton goes beyond "Crooked Hillary," and complaints about her use of a private email server as secretary of state and her foreign policy decisions.

Clinton, Trump said in a speech last week, "lacks the mental and physical stamina to take on (Daesh) and all the many adversaries we face."

He has repeatedly called attention to Clinton's voice, saying listening to her gives him a headache. Last December, he mocked her wardrobe. "She puts on her pantsuit in the morning," he told a Las Vegas audience.

A frequent point of criticism: Clinton doesn't look like a typical president.

"Now you tell me she looks presidential, folks," he said at a recent rally in New Hampshire.

"I look presidential," he insisted. THE ASSOCIATED PRESS

Obama vows support for flood-ravaged state

LOUISIANA

President visited battered areas and consoled locals

Standing amid piles of waterlogged debris, President Barack Obama on Tuesday promised a sustained national effort to rebuild flood-ravaged southern Louisiana "even after the TV cameras leave" on a visit aimed in part at stemming campaign-season criticism that he's been slow to respond to the disaster.

As he toured a battered neighbourhood and spoke to local officials, Obama tried to buck up beleaguered residents of the water-soaked region.

"This is not a one-off, this is not a photo-op issue. I need all Americans to stay focused on this," he said. "I know how resilient the people of Louisiana are and I know that you will rebuild again."

Eleven years after Hurricane Katrina ravaged New Orleans, Obama's visit was a reminder of the political dangers and opportunities natural disasters pose for politicians. The president has been criticized for waiting until after he returned from his New England vacation to tour the Gulf Coast flooding. The timing, amid a heated presidential campaign, drew barbs from some local officials and Republicans political opponents, including GOP presidential candidate Donald Trump.

> This is not a one-off, this is not a photo-op issue. I need all Americans to stay focused on this.
> U.S. President Barack Obama

Trump visited Baton Rouge on Friday, enjoying a warm reception and allowing him to cast the president as golfing while Louisianans suffered.

"Too little too late," Mona Gaspard said of Obama's visit. The resident of Ascension Parish said she saw her home filled with 4 feet of water and resented what she saw from Obama. "I saw him play golf, not helping out over here. Trump was over here, but he wasn't," she said.

Others welcomed Obama and the spotlight he brought.

"It means a lot to know you have that support from the highest level," said Chrisena Brown, as the president surveyed the piles of discarded mattresses, broken appliances and heaps of clothing that line the curbs of her street.

THE ASSOCIATED PRESS

The National Marine Fisheries Service says spinner dolphins are being deprived of rest during the day. ISTOCK

HAWAII

U.S. wants to ban swimming with dolphins

Federal regulators are proposing to ban swimming with dolphins in Hawaii, a move that could imperil one of the Aloha State's most popular tourist delights and the industry that has sprung up around it.

The National Marine Fisheries Service says Hawaii's spinner dolphins — the nocturnal species that humans usually frolic with — are being deprived of rest during the day and becoming stressed out.

The agency was expected to announce the proposal Tuesday.

Swimming with dolphins is popular with visitors and some locals, with dozens of companies on Kauai, Oahu, Maui and the Big Island operating dolphin tours daily.

The proposed rule could shut down or greatly disrupt the industry as it now operates. That's because the ban would cover waters out to two nautical miles, which is where 98 per cent of Hawaii's spinner dolphins rest after they've spent the night feeding. Tour companies take customers to these nearshore waters to find dolphins.

Ann Garrett, assistant regional administrator of the National Marine Fisheries Service's protected resources division for the Pacific Islands, said dolphins have been found to be burning calories at a higher rate because they are forced to be vigilant as people approach their pods.

"All of these things can contribute to a reduction of fitness over time — this kind of chronic level of stress. That's what we're concerned about," Garrett said.

The agency plans to hold public meetings on the proposal next month and expects to make a final decision on the regulations next year.

Garrett said Tuesday that the agency aims to require swimmers, snorkelers and others in the water to stay at least 50 yards from the animals.

She said tour operators can follow this rule and still make a living. She said some already do so voluntarily.

Under the proposed rules, "those that are putting their people in the water to interact with dolphins, this would change the nature of what they're doing," she said. "They could still do snorkeling for other reasons - it's just not setting their people within a pod of dolphins or within 50 yards of a dolphin."

THE ASSOCIATED PRESS

Startups finding new ways to recycle waste

GREEN ECONOMY

Ventures made viable through recycling metal and resales

A growing number of businesses focus on a more sustainable economy — finding new uses for waste. TORSTAR NEWS SERVICE

When corporations renovate their offices, they pay hundreds of thousands of dollars to junk old furniture and equipment — 85 per cent of which ends up in the landfill.

That's a waste, according to Richard Beaumont, CEO of Toronto-based Green Standards. The company finds new homes for old office furniture and equipment at non-profit organizations that welcome used phones and chairs with open arms.

Unlike many environmental organizations, Green Standards has found a way to turn "reduce, reuse, recycle" into a workable business model. It focuses on a "triple bottom line," meaning performance is measured by profit, as well as the social and environmental benefits produced.

The company was originally a non-profit operating out of the U.K., which donated old office furniture to organizations in Africa.

But when it almost collapsed, Beaumont realized a new approach was needed. The for-profit model added resale, recycling valuable metals and a removal charge to make the premise scalable and cost-effective.

Green Standards is one of a small but growing number of Canadian businesses operating in the "circular economy," a system that aims for zero waste and no greenhouse gas emissions by using products to their potential.

TORSTAR NEWS SERVICE

COMPANIES

- **Biox** of Hamilton, Ont., turns animal fat and vegetable oil waste into fuel.
- **Frogbox,** a Dragon's Den venture, delivers reusable moving boxes and supplies to your doorstep and picks them up when you're done.
- **Enterra Feed** takes organic waste from supermarkets and feeds it to black soldier fly larvae, which are then used to feed animals.
- **Waterfarmers Aquaponics** harvests fish that help grow produce in a greenhouse. They raise tilapia and trout, the waste from which go into grow beds for plants like salad greens or bok choy.

MEDICAL MARIJUANA

Whoopi eyes Canada to sell pot products

Prime Minister Justin Trudeau's promise to legalize marijuana has grabbed the attention of many pot entrepreneurs — including Whoopi Goldberg, who's eyeing Canada as a potential market for her line of cannabis-infused menstrual pain products.

Whoopi Goldberg. THE ASSOCIATED PRESS

Goldberg's product line, which includes a THC tincture and cannabis-infused cacao, is available only to medical marijuana patients in California. The comedian said making the products available north of the border will require overcoming regulatory hurdles.

Goldberg founded Whoopi & Maya alongside Maya Elisabeth, a California-based creator of medical cannabis products and the founder of Om Edibles.

THE CANADIAN PRESS

IN BRIEF

Sobeys likely to withdraw appeal of discrimination

Sobeys grocery store chain says it intends to withdraw an appeal of a human rights decision that found a Sobeys employee at a store in Tantallon, N.S. discriminated against a black customer — but a group of 19 churches in Nova Scotia says the move doesn't go far enough. THE CANADIAN PRESS

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metro VIEWS
Your essential daily news
Wednesday, August 24, 2016

PAUL WELLS ON WHAT THE CABINET TWEAKS SUGGEST

The most exhibitionist Canadian government in memory has released a new list of cabinet committees, and I can't shake the feeling that it means something.

In the bad old days of the Soviet Union, Western intelligence agencies used to grab at the tiniest details to figure out, in the absence of reliable information, who was up or down in Moscow. Seating orders on reviewing stands at May Day parades. The placement of articles in Pravda. Musical choices on state radio. Any scrap or tidbit.

One feels a bit ridiculous performing Kremlinology on the most exhibitionist Canadian federal government in memory. But Justin Trudeau released a new list of cabinet committees the other day, and I can't shake the feeling that it means something. So let's break out the calipers and magnifying glasses, and sift through the names for omens and portents of the Trudeau government's second year.

Cabinet committees meet frequently, some every week, to plan and organize the government's work. All government decisions filter up through the committee system. They matter. Trudeau and his advisors were flying nearly blind when they named the first committees. Most ministers had never been members of Parliament before. It was anyone's guess how they'd work together.

The new list leaves some committees almost unchanged, which suggests they're working fine. These include the powerful Treasury Board, which scrutinizes big spending decisions, and the Diversity and Inclusion committee. Apparently Trudeau does not worry he's being insufficiently diverse and inclusive. The "Inclusive Growth" committee gets a new name — "Growing the Middle Class" — and a diet, shrinking from 15 ministers to a dozen.

Cabinet committees meet frequently. All government decisions filter up through the committee system. They matter.

Among the ex-members of the committee on growing the middle class is Chrystia Freeland, which is odd: She wrote an entire book on growing the middle class. The Trudeau gang used to parade her as a guarantor of their economic credibility. Upon reflection, the PM seems to have decided the trade minister is more about foreign policy than the economy: she also departs from the Environment and Energy committee, but moves up to co-chair of Canada in the World and Public Security (one committee, long name). And she remains as chair of the Canada-U.S. Relations committee, which has much to worry about this autumn.

I love this bit: The committee on Agenda and Results, the all-powerful "deliverology" group chaired by the PM itself, grows by one word. It's now the committee on Agenda, Results and Communications. It is never too soon for a government to start worrying that it is not getting its message out. Even this one. Expect more methodical bragging about results, or rationalization of setbacks, as the case may be.

Prime Minister Justin Trudeau speaks to the media at the Liberal cabinet retreat in Sudbury, Ont., on Monday.
NATHAN DENETTE/THE CANADIAN PRESS

Biggest changes come last. First, there used to be a committee on Open and Transparent Government, and another on Parliamentary Affairs. They've merged. Now the Liberals' hopes for a happy-face democracy won't be considered in isolation from the grim realization that some stuff needs to get passed through a Parliament where optimism goes to die. Now the two sentiments will share a meeting room, and for hints about which sentiment has the upper hand, note that fisheries minister Dominic LeBlanc, a politico in the old style, is the committee's vice-chair, while his successor as government House leader, Bardish Chagger, is an ordinary member. Sad face.

Next: When Chagger replaced him as House leader last Friday, LeBlanc tweeted something opaque about looking forward to "additional responsibilities." Say hello to the new committee on Litigation Management, with LeBlanc as chairman.

This is the institutional admission of a timeless fact: all governments get sued a lot. This one does not expect to be spared, especially on issues related to reconciliation with First Nations. "Decisions on litigation matters often can't be left to lawyers," one senior Liberal told me. "Everything has important policy repercussions."

Finally, at Environment, a big move. Stéphane Dion, a former environment minister and Green Shifting Liberal Leader, is out as chair. Off the committee entirely. Replaced as chair by heritage minister Mélanie Joly, who was not previously known for her views on energy policy. It's all about who gets along well with others, and Dion, who had a hard time letting colleagues take any initiative on his pet file, has been sent packing.

Dion is not banished to Siberia, precisely. He shows up on the Defence Procurement committee, where his eye for detail may help avoid huge spending boondoggles. But his move suggests that in some ways, the real cabinet shuffle was hidden in these endless lists of names.

Paul Wells is a national politics columnist for the Toronto Star.

ROSEMARY WESTWOOD

Stanford's response to rape: Endorse the rapist's rationalization

Good God, Stanford.

Apparently, it's not bad enough that the school's last name these days is "rape." It had to go ahead and align itself with the rapists.

On Monday, the university moved to "reduce the availability and accessibility of hard alcohol." The school is banning all large containers over 750 ml of hard alcohol, and banning it altogether from on-campus parties. The policy grew from president John Hennessy's request in March for student input on curbing alcohol use.

To be sure, a conversation around campus drinking culture is warranted. This policy, however, is about considerably more than that. It began a full year after Brock Turner, a student, was indicted for rape, sexual assault and attempted rape. It began in the midst of a media storm around the case, during the very month of the trial, which saw Turner convicted of three charges of felony sexual assault.

And this new alcohol policy has come out amid a campus terrain irrevocably changed. The Stanford rape victim's now famous letter to the court has galvanized an entire world over the injustice of sexual assault and, most particularly, Turner's insulting, insidious, arrogant and vicious excuse that, in effect, partying made him do it.

Let's have the victim speak again from that statement: "Again, you were not wrong for drinking. Everyone around you was not sexually assaulting me. You were wrong for doing what nobody else was doing, which was pushing your erect dick in your pants against my naked, defenseless body concealed in a dark area."

Clearly, Stanford University disagrees. The booze policy, which can only be read as a measure to stem sexual violence, lets predators — and the university itself — off the hook by accepting the argument that alcohol is to blame.

In a tweet from Michele Dauber, a law professor at Stanford and the school's own worst critic: "Alcohol must be in bottle small enough so you can use it "secretly" so @Stanford isn't blamed when you rape someone."

At one point, the alcohol policy even made the alcohol-as-rape defence explicit, in a section that has since been removed from the website. Titled "Alcohol affects both sexual intent and aggression," the section noted that women who drink are "perceived to be more sexually available," that men who are drinking feel more aroused by "rape scenarios" and that women should thus "take action to protect friends."

I have been drunk. I have been obliterated. I have blacked out. And I have never, ever sexually assaulted another person or wanted to. If men feel differently, the problem isn't with booze.

The problem is with men.

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metro LIFE

Your essential daily news

Wednesday, August 24, 2016

"We did believe that our job as a film festival is to present works of art that we feel are well made and tell important stories, and so we're going to present the film as planned."

TIFF artistic director Cameron Bailey on the controversy surrounding The Birth of a Nation star Nate Parker. In 1999, a rape allegation was made against Parker. He was acquitted.

Meet the chef without borders

INTERVIEW

Bashir Munye uses Somalia, Italy in his nomadic dishes

Karon Liu
Torstar News Service

To be hung up on the idea of authenticity or what ingredients or cooking techniques should be allowed in certain cuisines means missing out on chef Bashir Munye's feasts of buttermilk chicken livers with baharat, saffron-honey peach almond cake, and thick-cut chickpea fries with spicy harissa dip.

If there's one person who encapsulates Toronto's multicultural food scene, this is the guy.

"The food is authentic to me as Bashir who was born in Somalia, raised in Italy, married a woman from Barbados and lived in Toronto for 21 years," says the chef and owner of My Little Dumplings in Leslieville. "Food is a celebration of where I've been and where I want to be, not about creating boundaries just so I could be defined."

Munye's customers normally know him as the guy at the Evergreen Brick Works farmers market serving steamed baos and dumplings filled with global flavours including jerk chicken, sweet chili beef and falafel batter made from ground edamame. Earlier this year he opened a bricks-and-mortar location at Queen St. E. and Greenwood Ave. and now he's gearing up to do a dinner series on Fridays and Saturdays that celebrates what he calls "nomadic cooking" — food that explores Africa's vast culinary regions mixed with his family's Somali background, Italian upbringing and local ingredients.

"Food for me is always fluid as people travel and migrate throughout history," he says. "Somali food is a melting pot because of its geographical location. It's on the coastline so there's influences from India, European colonialism, and the original Bantus people.

"As a Somali person, our history and culture are nomadic by nature," he says. "Chefs are nomadic as well, going from kitchen to kitchen, learning and growing. I'm taking this philosophy of a long journey."

Little Dumplings owner Bashir Munye is doing a private dinner series showcasing Moor cuisine (Muslims from North Africa, Iberia and Malta during the Middle Ages). TORSTAR NEWS SERVICE

At a trial dinner for his yet-to-be-named dinner series, Munye billed the night as a "Moorish Supper." The Moors are Muslim people from the North African and Mediterranean region during the Middle Ages. About 20 of us are sitting without our shoes in a circle on the floor in Munye's little restaurant, which tonight is lined with woven carpets and pillows the chef borrowed from his aunts. His son is helping out in the kitchen along with Munye's fellow chef Damon Clements.

His cousins are playing hostesses for the evening, bringing plates of fermented carrots, mushroom conserva with artichokes and marinated beef tongue with fresh herbs.

Giant bowls of tomato-garlicky okra with preserved lemon and smoky sumac-spiced eggplant complement the show-stopping main of juicy roasted lamb saddle stuffed with aromatic basmati rice, pine nuts, pistachios and currents. These are the timeless, belly-warming and comforting flavours you'd expect from a grandmother who spent all day in the kitchen.

In addition wanting to make diners come back for more of his food, Munye's goal is to get aspiring black cooks to be proud of their culinary heritage, especially when much of today's western food culture is still heavily skewed toward a European palate (ie: how many non-white chefs do you see on TV and magazines?).

Eden Hagos, founder of the Toronto-based Black Foodie blog, which showcases African, Caribbean and southern American cuisine, hopes Munye's cooking will change people's perceptions of African cooking, that within each country there are regional variations and that there's a world beyond the Ethiopian restaurants in downtown Toronto.

Food for me is always fluid as people travel and migrate throughout history
Chef Bashir Munye

"I think when a lot of people think of African food, they think of Ethiopian food. As an Ethiopian person, I love that (these restaurants are) serving different audiences but there's amazing West African food, and people from other parts of East Africa like Bashir playing with flavours and changing peoples' perceptions," she says.

Despite a long culinary history and a wealth of talent in the city, Hagos says African and Caribbean cooking have largely been pigeonholed as takeout and mostly written from a Eurocentric perspective in mainstream food culture. Nonetheless he is happy to see that more of its chefs, restaurants, and food events are now in the long overdue spotlight.

"He doesn't fit into one box and I'm glad he has that attitude," says Hagos.

"I think he represents a lot of the diaspora here. My dad also lived in Italy and we make lasagna with berbere and baharat in it. We grew up with that and we're not a monolith culture."

Munye's dumpling shop will remain open during regular business during the week, while his dinners will take place on Friday and Saturday evenings at the restaurant. Each night a single seating, where everyone sits on the floor and enjoys communal dining at $80 per person. The first dinner Sept. 1 is already sold out, but Munye says the dinners will be happening regularly beginning Sept. 9.

"I'm comfortable in my own skin. I don't have to think about boundaries or ask permission about what people want," says Munye.

"I cook what I love to cook and what my friends and family ate. This is an extension of who I am."

This Thai Green Pork Curry has a fairly thin sauce, so you'll want lots of rice to soak it up. THE ASSOCIATED PRESS

Fill your kitchen with the scent of Thai curry

RECIPE

This quick dish makes a perfect midweek meal

The scent of Thai curry cooking is very possibly one of the greatest kitchen smells ever.

Ingredients like lemongrass, chilies, garlic, ginger, coconut milk, and spices like coriander and cumin all mingle together to create a heady perfume that pulls people to the table.

There are as many versions of Thai curry as there are provinces of the country — perhaps as many as there are Thai cooks. Thailand is at the centre of Southeast Asia, and its cooking has influenced and been influenced by the cuisines of many countries, from India to China.

While making your own curry paste is an interesting and rewarding experience, opening a jar of Thai curry paste is by far the easiest solution for a weeknight dinner. It's available in the Asian section of supermarkets, and online.

Fish sauce is a traditional ingredient in Thai and other Southeast Asian cuisines. It is made from fermented anchovies or other seafood, and has a pungent smell, but when a small amount is employed in a recipe it adds a bracing, salty flavour that calls your taste buds to attention.

If you like Thai food, you probably like fish sauce. Start with a small amount, and add more from there.

The sauce of this curry is fairly thin.

If you want a thicker sauce, stir a couple of teaspoons of cornstarch into 2 tablespoons of water and add with the coconut milk. Either way, you'll want to serve it with plenty of rice to soak up the delicious liquid.

Thai Green Pork Curry

Cooking time: 30 mins

Servings: 6

Ingredients:

- 1 tablespoon unsalted butter
- 1 tablespoon vegetable or peanut oil
- 1 onion, halved and thinly sliced
- 2 garlic cloves, minced
- 3 tablespoons Thai green curry paste
- 1 tablespoon minced fresh ginger
- 1 red bell pepper, slivered
- 1 1/2 cups chicken broth
- 1 (14-ounce) can coconut milk
- 1 tablespoon fish sauce or soy sauce
- 2 cups small cauliflower florets
- 4 cups cubed pork loin
- 1 (15-ounce) can chickpeas, rinsed and drained
- 3/4 cup slivered fresh basil leaves
- 1 tablespoon fresh lime juice
- 6 cups hot cooked white or jasmine rice to serve
- Lime wedges to serve

Directions:

1. In a large pot over medium high heat, melt the butter with the oil. Add the onion and garlic and saute until tender, about 4 minutes. Add the curry paste and ginger and stir until you can smell the spices. Stir in the bell pepper, then add the broth and coconut milk and bring to a gentle simmer (do not let the mixture boil or it might separate or curdle).

2. Add the fish sauce or soy sauce, and the cauliflower. Simmer for 5 minutes, until the cauliflower starts to become tender. Add the pork and the chickpeas and simmer, stirring occasionally, for 7 to 10 minutes, until the pork is cooked and the cauliflower is tender. Stir in the basil and lime juice and serve over the hot rice, with the lime wedges on the side to squeeze over.

THE ASSOCIATED PRESS

ROSE REISMAN THE SAVVY EATER

THIS WEEK: Veggies vs. veggie chips

Eat the real deal when it comes to your veggies!

PICK THIS

Fresh Sugar Snap Peas (50g – approx. 40 sugar snap pods)

Calories 56
Fat 0.3 g
Sodium 5mg

SKIP THIS

Snapea Crisps in Wasabi Ranch (50g – approx. 40 pea pods)

Calories 240
Fat 8g
Sodium 120mg

HERE'S WHY

Equivalent to a Sour Cream & Onion Pringles Snack Stack in sodium

It seems like we're always looking for healthier packaged snack options that are an alternative to chips. While these baked Snapea Crisps are healthier than potato chips, the second ingredient includes three varieties of oil and salt to boot. No need! Vegetables are "nature's candy" and we should eat them as is, either raw or cooked simply.

LIQUID ASSETS

A French wine that puts fruit first

Peter Rockwell
For Metro Canada

Well before Donald Trump started preaching a love of masonry, French winemakers were building their own wall: one that has successfully blocked average wine drinkers from accessing their wines.

Stodgy labels, complicated regulations and perceived high prices (relative to the wines from just about anywhere else) have all acted as mortar for the barricade.

Though wine from France's prestigious Bordeaux and Burgundy regions have suffered the most from consumer disinterest, winemakers in the southern regions of the country are starting to make inroads with their fruit-forward juice and rules that allow them to put grape names on their front panels.

Corbières, a red heavy sub-region of the massive Languedoc-Roussillon, requires its wines be made with at least two grapes. Gérard Bertrand's 2013 Terroir Corbières ($16.95-$19.99) uses three: Grenache, Syrah and Mourvèdre. Rich, ripe and layered with plump black fruit, it will help break down the barrier between you and all that French wines have to offer.

metro WHEELS
Your essential daily news

This 1937 Talbot-Lago won the Peninsula Classics Best of the Best Award

Cruze is safe, but you won't be sorry

HANDOUT

REVIEW

This compact is not exciting, but it is cheap and dependable

Craig Cole
AutoGuide.com

Sallying forth into the heart of the compact-car segment is the all-new 2016 Chevrolet Cruze.

This unexpectedly reserved offering is set to battle popular options like the Honda Civic, Toyota Corolla and Ford Focus, bringing a multitude of wholesome attributes to the fray.

It seems like GM's product planners have aggressively played to the segment's base by designing a car with loads of interior space, a roomy trunk, refined interior and seriously little excitement. The Cruze plays it safe in a segment that's often dominated by stuffy traditionalism.

But just because it isn't the most exciting compact model on the market doesn't mean it totally lacks any upsides. This Chevy offers a gigantic trunk measuring up to 0.42 cubic metres. The frosting on this cake of convenience is that said volume is easily accessed through a large opening with a low lift-over height.

The Cruze's aft accommodations are unexpectedly spacious in all three dimensions, though a touch more headroom would be appreciated. Another boast-worthy feature, its rear backrests fold nearly flat for even more storage space.

The 2016 Cruze is larger yet simultaneously lighter than its predecessor; it's also more efficient to boot. Enabling all of this, the car has gone on a massive diet, losing up to 115 kilograms with this redesign, which is, frankly, astounding for a compact car because there just isn't that much there to begin with.

Tucked beneath its short hood is a muscular little motor that pulls like a much larger engine.

Two gearboxes are offered in the new Cruze, each with six gears. Our tester was graced with the automatic, but a manual is also on the menu. This self-shifter keeps the EcoTec four-banger in the meaty portion of its power-band and helps deliver impressive fuel economy.

Inside, this car's cockpit is a mostly pleasant place. It's constructed almost exclusively of hard plastic, which is not an issue in this case because it's handsomely textured. Think of it as ground round that tastes like sirloin steak. Fabric trim on the dashboard also adds a touch of class.

Our test car was equipped with Chevy's optional MyLink infotainment system, which comes with a screen mounted front and center on the dashboard. Bluetooth is included for hands-free calling, as is a nine-speaker Bose sound system.

The highlight of its entire driving experience is the engine. It's torquey, pulling with unexpected authority until about 5,000 rpm, where its enthusiasm tapers off until the transmission grabs the next gear. This 1.4-litre turbo is also very well isolated, with commendable smoothness and little harshness, though the transmission could be smoother.

THE CHECKLIST | 2016 CHEVROLET CRUZE

THE BASICS

Engine: 1.4-litre turbo-charged four-cylinder
Power: 153 hp, 24.7 kg/M of torque
Transmission: Six-speed automatic
Fuel Economy (L/100 km): 7.8 city, 5.6 highway, 6.8 combined
Price: Starts at $15,995, tops out at $23,895

LOVE IT

- Spacious back seat and trunk
- Impressive fuel efficiency
- Refined, torquey engine
- Intuitive infotainment

LEAVE IT

- Whiffs of pinched pennies
- Feather-light steering
- Odd styling

TLC

The maintenance behind the million-mile man

Craig Cole
AutoGuide.com

A couple months ago, one proud Toyota owner pushed his 2007 Tundra pickup past the million-mile mark, a distance many motorists would be hard pressed to clock in a lifetime of driving.

But Victor Sheppard is no ordinary guy. He hauls parts for the oil industry, keeping its heavy-duty equipment humming and hydrocarbons flowing. Over the past nine years, he's routinely made cross-country treks from his home in Louisiana to deliver desperately needed components all across America. In fact, he averaged around 125,000 miles each year in the saddle of his Toyota.

Getting any vehicle to roll this many miles is quite a feat, but an up-close look at his Tundra reveals that it has held up amazingly well since it rolled off the line at Toyota's San Antonio, Texas, factory nearly a decade ago. Where it's not dented or scratched from years of hard service, the paint is still shiny, body rust is minimal and even the driver's seat, a touchpoint that receives a ton of abuse, barely shows any wear or soil despite never benefitting from the protection of a cover. Aside from the steering wheel, which is worn around the rim, and a few scuffs on the interior door panels, everything looks practically new.

On top of all this, the truck in question still has its original engine and transmission. A quick twist of the key is all it takes to fire up its 4.7-litre V8, which idles more smoothly and quietly than some brand new vehicles. Switched on, the odometer reads 999,999; apparently, they stop after six digits, but this is hardly an issue since the vast majority of customers never clock so many miles.

Obviously, it takes a fair bit of upkeep to make a vehicle go this distance, and Sheppard was religious in keeping on top of required maintenance, bringing his truck in for 117 oil changes over the course of that million miles.

Another important aspect of this feat is where that work was performed. According to Mike Sweers, chief engineer of the Toyota Tundra and Tacoma pickups, "The dealership's done all the service." Taking your vehicle to a place that knows it best may cost a little more than going to the corner lube shop, but as shown here, it can be a sound long-term investment.

To help celebrate his achievement, Toyota gave Sheppard a brand-new 2016 Tundra in exchange for his million-miler, which will be carefully dissected to see how it's really held up over the years.

Toyota gave Victor Sheppard a brand-new 2016 Tundra.
TOYOTA

While some people will ignore small cracks, it is always a good idea to get a professional to look at them, as cracks affect the safety of your vehicle . ISTOCK

Replace it or fix it?

REPAIRS

Type of damage will determine remedy

Sami Haj-Assaad
AutoGuide.com

We've all been driving along, minding our own business when a rock the size of a melon comes flying like a targeted asteroid and smacks right into your windshield, leaving a chip or crack in your car's visor and ruining your day.

In reality, that rock probably wasn't all that big, but driving at speed certainly makes the scene more dramatic. What's not to be taken lightly is that mark on your windshield. Cracks and chips in your window may not seem like a big deal, but they impact your visibility and are a safety hazard.

If you're left with a serious imperfection on your windshield, it may be tempting to just ignore it or look around it to save time and money, but leaving the crack or chip and driving around with it is not an option.

"Cracks and chips often grow longer or wider if not repaired or replaced," explains Debra Levy, president of the Auto Glass Safety Council (AGSC). Not only that, but it's also unsafe.

"The (cracked) glass may be compromised and the windshield is part of the safety system of the vehicle," she explains.

There are two main solutions to dealing with a broken windshield. You can either fill a crack if it's small enough, or you can replace the whole windshield. The latter is the more expensive option, while the former is for smaller imperfections. It's like dealing with serious body damage or chipped paint, but your windshield is much more important in terms of your safety than your car's paint.

"Whether or not a break can be repaired, rather than replacing the glass, depends on a number of factors including type of break, location of break and amount of time the glass has been broken," Levy says. But what's important is that it gets fixed soon, as Levy explained that cracks and chips can grow longer or wider if not repaired or replaced.

The decision to repair a crack or chip can be easy to make depending on the size of it.

"The Repair of Laminated Auto Glass Standard allows repair of cracks 14 inches (36 centimetres) or less," she explains, so cracks that are larger than that will need a complete replacement of glass. Obviously, the ability to repair such big cracks or chips is dependent on the skills of the auto glass technician you're using. Most small chips are commonly dealt with, but again, it depends on what your tech says is possible.

"Certain insurers also limit the length of damage they will pay for."

That should help the decision.

Some quick research shows that certain types of cracks and chips just can't be repaired. For example, if the damage extends from the exterior pane of glass and penetrates the interior, it's too deep to be repaired. Chips on corners or tight spots are often too difficult to repair too, so count those out. If a chip or crack has spread after the initial damage, that's a clear sign the glass needs to be replaced.

A crack or chip repair takes about 30 to 40 minutes and is performed by injecting a clear resin into it. When it hardens, the resin helps restore the integrity and smooth look of the glass. The resin is then polished and cured by UV light. If done properly, the chip or crack won't be able to spread any further.

Replacing a glass is a bit more of an involved process. After prepping the body of the car to prevent any damage, technicians will remove the windshield from the car. The seals and adhesives are also removed, and a primer is used on the bare frame, so a new glue and sealant can applied for the replacement glass. The new windshield is then fitted and bonded to the car. After the glass is fitted, most auto shops encourage a 60-minute wait time so that the windshield is properly attached to the car.

IN BRIEF

Lotus Evora 400 gets lighter

The Lotus Evora 400 has new options that can reduce its weight to 1,353 kilograms. Continuing with its mantra that "light is right," Lotus has introduced a new carbon package, lithium-ion battery and titanium exhaust options for the Evora 400. Available in all markets where the car is sold, the new options aims to cut a total of 15 kg from the already lightweight sports car. Those looking to shave even more weight can opt for the 2+0 seating configuration and no A/C.

"The Lotus Evora 400 is already the lightest car in its segment, with super car performance, benchmark handling and the purity of the driving experience expected of a Lotus," said Lotus CEO Jean-Marc Gales.

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metro SPORTS

"I was just asking a girl on a date": Raiders tight end Colton Underwood who asked out — and got a yes from — Aly Raisman through online video

A hero's welcome

OLYMPICS

Adoring fans greet athletes returning from Brazil

Two planeloads of Canadian Olympians returned home from Rio to a hero's welcome, as flag-waving fans clamoured for autographs and cheering family members offered up homecoming hugs.

Several members of Team Canada, including star swimmer Penny Oleksiak, landed at Toronto's Pearson International Airport around 6 a.m., with another group of athletes scheduled to arrive at around the same time Wednesday.

When the flights arrived, airport firefighters saluted the returning athletes with giant arcs of water on either side of the airplanes.

Loud cheers went up as the Olympians came through the arrivals gate, some stopping to talk to media, others heading straight to waiting family members.

Soccer player Ashley Lawrence's parents donned Team Canada shirts to welcome their daughter. The pair said they are looking forward to figuring out where to display the midfielder's bronze medal.

Lawrence's teammate, Jessie Fleming, said she was proud of their performance.

"We all had a good tournament and we definitely deserved to bring this home," Fleming said, holding her medal.

Penny Oleksiak, winner of four medals in Rio, speaks to media and signs autographs at Toronto's Pearson International Airport on Tuesday. AARON VINCENT ELKAIM/THE CANADIAN PRESS

Most of the buzz focused on 16-year-old Oleksiak, who won four swimming medals at the Rio Games, including Canada's first gold.

"I didn't expect any of this," said Oleksiak, who was Canada's flag-bearer at the closing ceremonies. "I just want to say thank you to everyone (who cheered for me)."

Residents in Oleksiak's east-end Toronto neighbourhood known as The Beach are planning a celebration for her return, tentatively planned for Sunday.

11%

CBC's English coverage of the Rio Olympics averaged 1.271 million viewers, an 11 per cent increase over the London Games. Ratings peaked at 7.2 million for the men's 200-metre sprint final.

Several of the returning athletes expressed gratitude for the support and encouragement they received from Canadians throughout the Games.

Long after most athletes had left the arrivals gate, gold medal-winning trampoline gymnast Rosie MacLennan stayed to sign autographs and take selfies with fans.

MacLennan, who carried Canada's flag at Rio's opening ceremonies, said making time for fans helps get them engaged in the Olympic process.

"It's a chance to share the experience with the people who supported us along the way," she said.

Teenage soccer fans Claire and Gillian Kilgour found out about the Olympic homecoming at midnight and got up at 4 a.m. to come to the airport with their father.

Three hours later, the 16-year-old twins were rewarded with an autograph from Kadeisha Buchanan, one of the bronze medal-winning women's soccer players.

The sisters stress they support the whole team, however.

"We don't have a favourite player," Gillian Kilgour said. "We like everybody." THE CANADIAN PRESS

MLB

Angels can't cool Martin's hot bat

TUESDAY in Toronto

7	2
BLUE JAYS	ANGELS

Russell Martin drove in two runs and R.A. Dickey pitched into the seventh inning on Tuesday night as the Toronto Blue Jays beat the Los Angeles Angels 7-2.

Martin continued his torrid pace at the plate, racking up three hits and scoring once for Toronto (71-54). The Canadian entered the game hitting .414 in his last seven games with six home runs and 11 runs batted in.

Michael Saunders launched a solo shot while Darwin Barney had two hits, including a double, and scored twice. Melvin Upton Jr., Troy Tulowitzki and Josh Thole all drove in runs.

Dickey went 6-2/3 innings, allowing two runs on six hits while striking out two and walking two. His lone blemish came in the second inning when he gave up a two-run home run to Nick Buss.

Tyler Skaggs took the loss for the Angels (52-73), going four innings, allowing four runs on four hits while walking five and striking out two. He's now given up 19 earned runs in 17-2/3 innings through three August starts.

The Blue Jays remain tied for first place in the American League East division with the Boston Red Sox, who beat the Tampa Bay Rays 2-1 on Tuesday night. THE CANADIAN PRESS

HOCKEY IN BRIEF

NHL, players still on fence over playing in Olympics

The NHL and NHL Players' Association continues to weigh the pros and cons of returning to the Winter Olympics in 2018.

A new wrinkle in advance of the next Games centres around out-of-pocket payments the International Olympic Committee and International Ice Hockey Federation have covered, a practice the IOC has suggested stopping under president Thomas Bach.

THE CANADIAN PRESS

Benn a no-go for Canada

Team Canada won't have Jamie Benn for the World Cup after all.

Hockey Canada announced Tuesday morning that the Dallas Stars forward, who is still recovering from an injury, would be replaced by San Jose Sharks forward Logan Couture on the Canadian squad next month.

The 27-year-old Benn underwent surgery to repair a core muscle injury on July 14.

THE CANADIAN PRESS

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RECIPE One-Pot Sweet Potato and Arugula Pasta

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

One-pot pasta meals pile ingredients together for dinner brilliance. We've paired the antioxidant power of sweet potato with peppery arugula but feel free to add other diced small veggies for quick cooking.

Ready in 30 minutes
Prep time: 10 minutes
Cook time: 20 minutes
Serves 4 to 6

Ingredients
- 450 grams penne pasta
- 8 cups baby arugula
- 1 sweet potato, diced into small cubes (to ensure they cook)
- 4 garlic cloves, cut in thin slices
- 1 shallot, cut into thin slices
- 1 sprig of rosemary
- 3 Tbsp of olive oil, plus 1 for garnish
- 1 Tbsp salt
- 6 cups water
- 1/2 cup grated Asiago or Parmesan cheese
- salt and pepper

Directions

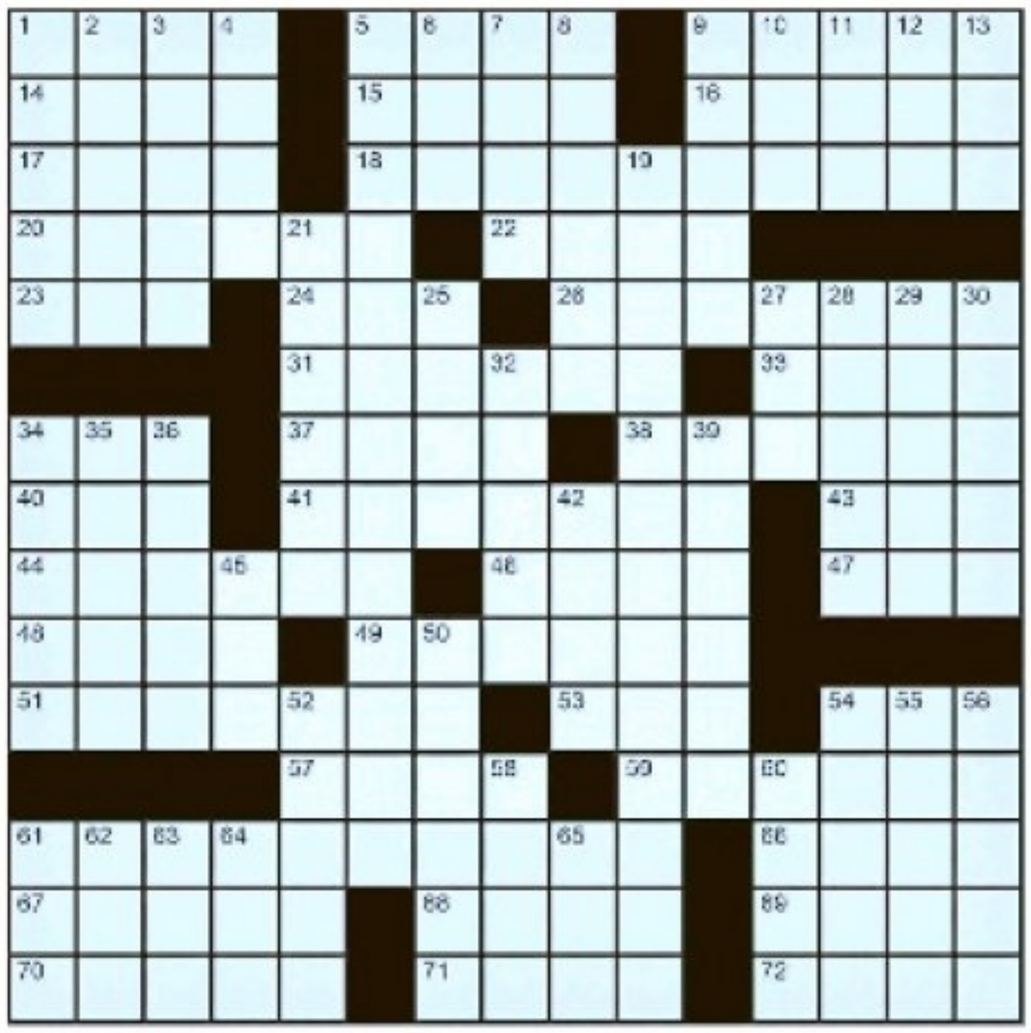
1. Combine penne, arugula, sweet potato cubes, garlic, shallot, rosemary, 2 tablespoons oil, salt and water in a stock pot. Bring to boil over high heat. Boil mixture, stirring pasta frequently, until pasta is cooked al dente and water is nearly evaporated, 10 minutes.

2. Remove pot from heat and take out rosemary stem. Stir in last tablespoon of oil, cheese and season with salt and pepper to taste. Portion into bowls and serve with another sprinkle of cheese.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Angelina's husband
5. Fish's temptation
9. Techie special occasion delivery
14. The Kinks song
15. Besides
16. Count __ and His Orchestra
17. Illegally aid
18. Bawling out
20. Run off the track
22. Unaltered
23. 'Smart' suffix (Most intelligent)
24. Bird beak
26. Softer/kinder
31. Grogginess
33. First-rate
34. Wager
37. Stagnate
38. Types in the data
40. Tic-Tac-Toe losing row
41. Spicy sauce sort
43. Become
44. Resort spot in Mexico
46. Gab
47. I Am Woman songstress ...her initials-sharers
48. Nero's 902
49. Canadian actor Henry
51. Fugitive
53. Gothenburg's li'l country
54. Ms. Vardalos
57. Russian city
59. The __ (2001), haunting Nicole Kidman film
61. Think, think, think...
66. Vivid fish
67. Bandleader, Xavier __
68. Italy: Mount __
69. Mr. Berkus (Home decorator)
70. Judges
71. Horse coat style
72. Oakville, ON: __ Abbey Golf Club

DOWN
1. __ Runner (1982)
2. Royal garbs
3. On the ball
4. Spreadsheet info
5. Veronica Tennant, Karen Kain and Evelyn Hart: 2 wds.
6. Miss. bordering state
7. Belief systems
8. Trinidad and __
9. Buddy of Barnaby Jones
10. Purina chower
11. (Now and Then There's) A Fool Such __ __ by Elvis
12. Tin Tin's lead-in
13. MBA, for one
19. The Guess Who chart-topper: 2 wds.
21. LASIK, Laser-assisted __-__ Keratomileusis
25. Lamp need
27. Water source
28. Lake, in Ireland
29. Website's welcoming word
30. Puts one's feet up
32. War protester's dream
34. Bowling of Italy
35. Studied- for things
36. Music chord type
39. Wait...: 2 wds.
42. Stock units [abbr.]
45. The Company, commonly
50. Kitchen gadget for citrus fruits
52. Bridges: French
54. Himalayas land
55. Furious
56. Washed-out
58. Stringed instrument of Japan
60. __ Kong
61. A-E link
62. Ms. McClanahan
63. Maturate
64. Music star, will._.__
65. Genetic letters

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Plans will be challenging today. Prepare for this and cope as best you can. Similarly, situations with publishing, the media, medicine and the law are tough.

Taurus April 21 - May 21
Disputes about shared property and inheritances will not be easy today. You will be stopped by obstacles. Just do what you can.

Gemini May 22 - June 21
Relations with partners and close friends are difficult because someone will oppose you today. Be prepared to accept this instead of making matters worse.

Cancer June 22 - July 23
Issues that are work-related are tough today. No matter what you do, you will meet with obstacles from others. Just cope as best you can.

Leo July 24 - Aug. 23
Children will be an increased responsibility today. Naturally, this goes with the territory. Sigh, it happens.

Virgo Aug. 24 - Sept. 23
Difficulties with family members will be challenging today because someone will oppose you. It might be wise to wait for another day to push your agenda.

Libra Sept. 24 - Oct. 23
Allow extra time today, because as this day unfolds, you will meet with delays, obstacles and minor difficulties.

Scorpio Oct. 24 - Nov. 22
Disputes about money or possessions are likely today. However, it will be difficult to reach an agreement. Why not postpone these talks for another day, when everyone is more co-operative?

Sagittarius Nov. 23 - Dec. 21
You will meet with opposition from someone. Don't give up. Just look for a new way around things, because there are many ways to do something. Be resourceful!

Capricorn Dec. 22 - Jan. 20
Something secretive might throw a wrench in your plans today. Go slowly to see if you can work things out. You don't have to solve this problem today.

Aquarius Jan. 21 - Feb. 19
Someone in a position of authority might block your efforts to lead a group or make suggestions. Sometimes you can't fight city hall. Accept what you can and cannot do.

Pisces
Feb. 20 - March 20
It will be tough to get the approval of your boss or someone in power. Best to wait for another day so that you can steer things the way you want them to go.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

		7		2	9	3	8	
								6
5				7	6			4
						1		2
7		3		6		9		5
9		6						
2			6	9				8
3								
	4	9	3	1		5		

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YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games

9	8	6	3	5	1	2	7	4
5	1	4	9	2	7	6	3	8
3	2	7	8	6	4	9	5	1
1	4	5	7	9	6	3	8	2
6	3	2	1	8	5	4	9	7
7	9	8	4	3	2	5	1	6
4	6	9	5	7	8	1	2	3
2	7	3	6	1	9	8	4	5
8	5	1	2	4	3	7	6	9

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